



# The REHOBOTH Foodie

The answers for your taste buds' never-ending question. **Where should I eat?**  
Follow The Foodie daily at [RehobothFoodie.com](http://RehobothFoodie.com)

## Meet Bob

*My goal is to promote local dining while remaining honest and impartial. I don't gush unless a place deserves it, and I don't pull punches, either. I don't accept ads from restaurants; I dine as anonymously as I can (sometimes I even wear a disguise) and pay full price during the review process. With so many good places to eat around here, it just doesn't make sense to waste the calories – or the money – on anything less.*

## THE REVIEW

### CONCH ISLAND KEY WEST BAR & GRILL

The Foodie awards it:



Conch Island Key West Bar & Grill is an upbeat, noisy and festive place in the epicenter of the downtown Rehoboth Beach hubbub. But the place has an alter ego: This informal watering hole in the Sandcastle Motel offers a food lineup that's worth exploring. Longtime Rehoboth businessman, professional drummer and former law-enforcement officer Bryan Derrickson is the hands-on owner who created a menu that embodies his extensive travels – with an accent on Key West, of course.

Put 2 and 2 together, and of course conch fritters and conch chowder come to mind. A crunchy crust on these homemade fritters encases a flavorful filling. And the tasty dipping sauce is not for the faint of heart! The Bahamian-style conch chowder is a hidden gem on the menu. Bryan does not skimp on the spices, and I have come very close to ordering a second one to make it a meal. The hulking Key West Pink Peel 'n' Eats are served as a half-pound or a full pound – there's about 10-12 to the pound, so you can imagine their size.

Part of Derrickson's ongoing upgrades to the menu at Conch Island Key West Bar & Grill is the addition of a surprisingly nice filet mignon ("surprisingly," referring to the fact that this is a music bar that, frankly, was not known for paying all that much attention to the food). Not only is it a nice filet, but the Mallory Square Sunset version is loaded with snow-white crabmeat - jumbo lump yet, with a mild, slightly buttery sauce. The steak was tender and cooked to temperature. →

PHOTOGRAPHY  
BY JOHN MOLLURA





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Bryan with daughters Abbey and Natalie

**HANDS-ON:** NO ABSENTEE OWNER, BUSINESSMAN/DRUMMER/EX-COP BRYAN DERRICKSON CREATED A MENU AT CONCH ISLAND THAT EMBODIES HIS EXTENSIVE TRAVELS, WITH A KEY WEST FLAIR.



## THE REVIEW CONTINUED

There are few burgers in the Cape Region that can equal the Blue Heaven burger and the bacon blue burger. The Blue Heaven pays homage to the Key West bar that originated the idea of topping a burger with bacon and eggs. Bryan tells me that in Key West it's easy to lose track of time. So the burger/bacon/egg combo covers all the bases. I also like the bacon blue burger. The roll is perfectly sized and textured to hold everything together, and the blue cheese is bracingly sharp alongside extra-crispy bacon. This one is a must-get for bacon-cheeseburger lovers. In the seafood department, the crabcakes are jumbo lump, and the minimal filler enhances the delicate taste of the crab.

Another pleasant surprise is the flatbread. (Flatbread: A word that the delicately inclined use for pizza when they don't want to be caught eating

pizza.) Pepperoni, shrimp & crab, Buffalo chicken, margarita chicken, Key West sausage & peppers and crab-dip toppings pretty much cover all the bases.

Is Conch Island Key West Bar & Grill fine dining? Of course not. It's a big bar with lots of barstools, high-tops and live music pretty much every night in season. But if you like better-than-average vittles with your rock 'n' roll, you might be surprised at what Bryan Derrickson has in store for you at the corner of Second Street and Rehoboth Avenue.

Not lovin' the idea of live music? No problem: They are open at dinnertime. Enjoy the band and stay late, or nibble and escape when the sound check starts. Either way, you'll enjoy yourself. See the music schedule and the rest of the menu at [ConchIslandBar.com](http://ConchIslandBar.com). 🍷



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**REHOBOTH** *Foodie*

## BREAKING CHEWS

*The Latest Dish From RehobothFoodie.com!*

By the time you read this, the brand-new **Miyagi Ramen Bar** on Coastal Highway in Rehoboth Beach will have been up and running for several weeks. Former **Saketumi** host **Jeong Hoon Kim** and **Saketumi** restaurant owner **Tammy Wang** have joined forces to bring house-made ramen (not that stuff in the plastic bag) to the beach. The modern/industrial look of the new restaurant complements the deliciously spiced dishes. See photos of the food at [RehobothFoodie.com](http://RehobothFoodie.com). Simply enter "Miyagi" into the search box.

Sip & Bite your way through the Caribbean with **The Rehoboth Foodie** on April 15, 2018! The Foodie takes to the high seas with a special cocktail party just for his radio listeners, celebratory champagne and other perks for his Delaware 105.9 friends. There's even transportation to and from the Port of Baltimore. Call **Bethany Travel/Dream Vacations** at 302-933-0955 and tell 'em you want to cruise with the Rehoboth Foodie from Delaware 105.9. There's be lots of fun — and food!

**Cheryl Tilton's** crab cakes have been a longtime tradition at Gilligan's on the canal in Lewes. The only problem was that the building was falling apart. Well, the old eatery-in-a-boat is history, and the brand-new **Gilligan's Waterfront Restaurant** is up and running. The new installation is almost identical in size to the old, and, much to our pleasure, the popular outdoor deck bar/dining is still as much fun as it always was. Indoor dining has increased to about 62 seats, with the inside bar increasing from 6 to 12 seats. Streamlined bar service provides a sweeping canal view for outside and inside patrons alike!

The popular **EatingRehoboth.com** restaurant tours are up and running to weekly sold-out crowds. Tours are offered twice a week until Thanksgiving weekend. Book your spot now for the award-winning walking tours of downtown Rehoboth's finest restaurants at [EatingRehoboth.com](http://EatingRehoboth.com). Eat. Sip. Walk. Discover. All in 3 hours!

Keep an eye on [RehobothFoodie.com](http://RehobothFoodie.com) for the latest news and reviews here on the Culinary Coast. And stay in the know with the **Rehoboth in My Pocket** travel app — everything you need to know about the Rehoboth Beach, Dewey Beach and Lewes resort area. Available at **The App Store & Google Play.** 🍷

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## THE LATEST DISH



**NEWS FLASH:** SURAJ KUMAR'S INDIGO INDIAN RESTAURANT HAS SET UP SHOP MERE STEPS FROM THE BOARDWALK IN DOWNTOWN REHOBOTH BEACH. IT OFFERS ALL THE TRADITIONAL FAVORITES, ALONG WITH SOME CULINARY SURPRISES.

## INDIGO INDIAN CUISINE: AN OASIS OF FLAVOR JUST STEPS FROM THE OCEAN

PHOTOGRAPHY BY JOHN MOLLURA

I love it when I get to break the news of something really different in the Cape Region. Thanks to my vast network of spies, moles and operatives, I was the first to announce that Indigo Indian Restaurant was setting up shop just steps from the Boardwalk in downtown Rehoboth Beach. The sister restaurant to the popular India restaurant in Annapolis (currently in transition to a new location), the new Indigo offers all the traditional favorites, along with some culinary surprises.

Suraj Kumar came to Washington, DC, from Punjab, India, and he and wife Sudesh have been in the restaurant business for well over 20 years. Mr. Kumar's son, Raghu, is the prime mover at the Rehoboth installation. While Raghu toils away in the kitchen, Mr. Kumar glides quietly from table to table, asking if all is okay and being generally charming. Indigo has an authentic tandoori oven

where they bake eight (count 'em, 8!) different types of naan, including relatively obscure delights, like the whole-wheat roti, the peshawari (onions, raisins and coconut) and paneer (with house-made cheese). I alternate between the savory onion kulcha (onions baked inside the bread) and the impossibly aromatic garlic naan.

All the Indian favorites are there, including lamb vindaloo (get it extra spicy... life is short). Chicken, fish, lamb and vegetarian tikka masala are of course very popular. But after several visits, we now leave the ordering up to Mr. Kumar. A few nights ago he introduced us to chicken jalfrazie. This complex dish consists of tandoor-broiled boneless chicken cooked in garlic, tomatoes, onions and green peppers. Sides of basmati rice, and garbanzos cooked baked-bean style, put the finishing touches on this hearty dish.

Chicken biryani is built around rice and formed into a rectangular shape with

fresh lemon and a bit of cilantro. Rice lovers will go crazy for this one. I even departed from my onion-kulcha/garlic-naan rut when Mr. Kumar paired the biryani with paneer kulcha. This version of naan contains grated halloumi-style cheese that stays chunky and unmelted despite the jet-engine heat of the tandoori oven. Ask Raghu to show you that piece of traditional cooking equipment — unless they are really busy, then curb your enthusiasm.

Indigo Indian Cuisine is a welcome departure from the ordinary at 44 Rehoboth Avenue, just steps from the Rehoboth Beach Boardwalk. The muted tones of the softly lit dining room are a comfy respite from the ruckus going on just outside the front doors. Order some wine or a frosty Kingfisher, stay awhile and get to know Mr. Kumar and Raghu. Reservations may be had at 302-212-5220. Take a look at the menu by visiting [RehobothFoodie.com](http://RehobothFoodie.com) and entering Indigo into the search box. 🍽️



## FOODIE ON THE ROAD



### LAIID-BACK DINING ON THE ROAD: JD SHUCKERS IN GEORGETOWN

PHOTOGRAPHY BY JOHN MOLLURA

**T**his is not Jamie Davis' first rodeo. After he bought out former partners Alex Pires and Pete McMahon at the original JD Shuckers near Lewes, he has singlehandedly grown the brand into a second location in Georgetown, Del.

I'll state the obvious (occasionally the obvious needs to be restated): JD Shuckers is not fine dining. It's a neighborhood watering hole with a variety of craft beers surrounding a well-stocked raw bar. The menu is all about comfort food, like burgers, sandwiches and broiled or fried entrees. Depending on the season, there's always a fresh catch available. You go to JD Shuckers to unwind, not to see and be

seen. We'll leave that to Rehoboth, Dewey and Lewes.

Starters include a few surprises. As is the case at the Angola location, the calamari is exceptional. It's fried to a dark crisp (I hate underdone rubber bands), nicely salted and decorated with pickled jalapenos. The wings surprise you with 5 choices. We like the standard Buffalo and also the Thai Chili. The mozzarella sticks are unusual in that they are made in-house. I get so used to seeing the pre-prepared ones that these took me by surprise. Cheese lovers will scarf these down. All in all, there are nine starters from which to choose.

JD Shuckers is true to its name in the raw-bar department, offering not

only oysters and middlenecks but also a medley of steamed oysters, middlenecks and shrimp. Jamie and his crew dress up PEI mussels with garlic and offer snow-crab clusters at market price. We like to get the steamer sampler that sports shrimp, mussels, scallops and clams. Garlic butter, Old Bay and crispy garlic bread play supporting but important roles on that plate.

Six burgers can be decorated with 11 toppings. The statistical possibilities are staggering! I like the bacon BBQ burger topped with jalapenos — and crumbled blue cheese — just in case. One of my regular Foodettes loves to alternate between the French Dip and the beer-battered fish & chips. There are seven



sandwiches on the menu, and there's always an entree special to complement the larger plates. One of the stars of the show is the Hard & Classic Shakes. There are five choices, and all of them are made with Hopkins Dairy Farm Ice Cream (check it out on the hoof just down the road a piece). Add alcohol if you wish. (You will be carded, and no carryout on the hard version!)

Longtime bar manager Josh Huss oversees a wide choice of crafts, domestics and imports, along with pretty much any cocktail you can come up with. The bar is cleverly designed to be open and airy but unseen and unheard in the restaurant area. Clever placement of screens and hidden acoustic panels keeps things quiet. And wait until you see those gigantic ceiling fans. I want one for my car.

JD Shuckers is located on Rte. 9/404, directly across from the Owens Campus of Delaware Technical College. Call them to check hours at 302-856-1400. See the current menu by visiting [jdshuckersdelaware.com/georgetown](http://jdshuckersdelaware.com/georgetown). 🍔

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